

NOISES FROM THE CENTER

Vol. 6 No. 2 What's happenin' at the Senior Center February 2017



**Article
by Brad Parker**

East Haddam
Senior Center
15 Great Hillwood Road
Moodus, CT 06469
860-873-5034



Since the newsletter came out last month I had a pleasant surprise. I received an email from Martha Horsefield saying how much she enjoys reading our newsletter and thanking me for the mention of her father in last month's issue. It is nice to know that someone reads what I write on the front page. The past week I have spent some time looking at the program book from the Tricentennial celebration of the town. The celebration was held on July 27, 1985. I found it interesting to look at the ads in the book. The Lions Club had a full page which listed its members. Reading the names brought back a lot of memories and as I was going over the list of names I realized that just about half of them are no longer with us. Looking at the ads I saw ads for many businesses that are no longer here. It makes you think of things and people from your past. I saw an ad for Sophie's Beauty Salon. Sophie is a regular now at the Senior Center and keeps everyone in line. Tom Holton had an ad for his insurance company. I can still picture him riding around town during the summer in his convertible. Parsnip Hollow and Williams Chevrolet were fixtures in the East Haddam village for many years along with Delorenzos General Store. Maria's Bread also had an ad. What great baked goods she had in her shop. I still miss her friendly service and especially her turn-overs. The Moodus village was represented in the book by Cashman's Garage, Mr. Moodus and Moodus Lumber. Mr. Moodus was a small convenience store in the space that is now the Moodus Ice Cream shop. Cashmans Garage and Moodus Lumber were both a big part of our local landscape for many years. Both families that ran these businesses were major contributors to our community and their influence was wide spread. Walt's Cleaners also advertised in the book. I think that many people probably still miss Walt's home pick-up and delivery. I will just mention a few more that might bring back some memories for you. The Seraph, Faye's Antiques, Down On The Farm, Becket Academy, Go Fly A Kite, Hood and Smith, Moodus Print Shop, and Dr. John Paardenkooper. These are some names from our town's past that I am sure will make you think of some good thoughts. The book gave a brief history of the town. It told us that the Moodus Drum and Fifle Corp. was organized in 1860 and was celebrating its 125th anniversary in 1985. Please read the following which was written by an East Haddam resident Kate Swift in 1985 to honor the towns 300th Anniversary.

EAST HADDAM IS OUR HOME

'Tis eastward of the river that an old historic town Gleams among the hills and pastures and the streams that tumble down. From below the Lower Landing up to Mount Parnassus' crown, East Haddam is our home. Oh, it's great to be three hundred; say, it's great to be three hundred; hey, it's great to be three hundred; East Haddam is our home. Here the Wangunks and Mohegans and Nehantics once did walk when they came to Machimoodus where they worshipped Habbamock, and they heard the mighty noises deep inside the quaking rock. East Haddam is our home. The first intrepid families here, in sixteen eighty-five, settled down along the Creek Row, and they managed to survive, and lots of their descendants are now very much alive. East Haddam is their home. Though they had to build their houses out of logs and mud and stones, The Ackleys and the Brainerds and the Spencers and the Cones and the Bateses and the Gateses all had iron in their bones. East Haddam was their home. Today six thousand people share this excellent domain- Moodus, Leesville, and Lake Hayward, Hadlyme, Millington, North Plain- and the citizens are loyal, honest, generous, and humane. East Haddam is their home. Still progressing in the spirit of the founding pioneers, to Connecticut's great glory is this town that has no peers. And we shall sing its praises for the next three hundred years!!

East Haddam is our home.

HAPPY BIRTHDAY

February Birthdays

- 3 Ellie Breinan
- 6 Kathleen Anzalone
- 7 Deborah Wilson

- 9 Mary Fazzino
- Joan Rajpolt



- 10 Janet Blanchard

- 11 Al Darrow
- Roger Stube
- Elizabeth Schwenk

- 12 Diane Mack
- Jean Olson
- James Ventres

- 13 Ena Monk
- Bernie Thorpe



- 14 Timothy Alix
- 16 Karen Scameheorn
- 18 Jan Lambert
- 19 Jean Breton

- 21 Frank Pach
- Martha McLaud Tonucci

- 23 Ginger Stankowski

- 25 Christina Antaya
- George Drenga
- Beth Schondorf

- 27 Sandy Planeta
- 28 Terri Havens
- 29 Alfred Faircloth

Birthday & a Movie

On the 4th Monday of every month, we have a birthday party – homemade cake /movie. If it is your birthday month and you are 60 or older, please join us for lunch, for free, anytime during the month. Reserve your lunch by noon the day before you wish to come. This month's party is on **Mon, Feb. 27th, 1:00 pm.**



Hearing Clinic

The Senior Center will be doing a Hearing Clinic every 4th Wednesday of the month.

Hearing Tests, Hearing Aid Cleaning & Repair, Wax Inspection and Listening Demonstrations.

Please call the Senior Center (860) 873-5034 to schedule your appointment.



Shopping & Lunch Schedule

Fee: \$3.00

If desired, the bus will stop at the East Haddam Food Bank.

Tuesday, **February 7th**:
Old Saybrook: Walmart,
Stop & Shop, OS Job Lot
Tuesday, **February 21st**:
Cromwell: Walmart, Aldi,
Athenien Diner



Senior Community Cafe

Join us for Lunch
Monday-Friday 12 pm
Suggested donation
\$3.00



Have lunch with the **First Selectman, Emmett Lyman** will be here at the Senior Center every **3rd Thursday of the month for lunch.** Come, join him.



Article by Brad Parker

This month I want to recognize a couple for 30 years of service to the Meals On Wheels program. Don & Joan Osalza have delivered meals to “shut-In” community members since 1987. This month they decided that it was time to pass the torch on to a new volunteer. Their service has meant so much too many people and is greatly appreciated. Please join me and thank them for their many years of service.

Humor Income Tax

An income tax return is like a girdle. If you put the wrong figure in it, you're apt to get pinched.

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Center Hours

8^{am} - 3^{pm} weekdays

American Heart Month

The American Heart Association, "Go Red for Women" campaign highlights the importance of heart disease awareness for women. Many people believe that heart disease occurs more in men and older people. The fact is that heart disease is the number one killer of women and it can happen regardless of age. The common belief is that heart attack starts with chest pain. For women the first symptoms are often shortness of breath, nausea/vomiting, and back or jaw pain. Dizziness, fainting or extreme fatigue may also occur.

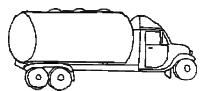
The good news is that there are ways to control your risk for heart disease. By following the Heart Association's "Life's Simple 7" you can reduce your risk of heart disease. Talk with your doctor about your specific risk factors.

Life's Simple

Get active for 30 minutes each day
Lose weight

- Control your cholesterol
- Control your blood sugar
- Eat more healthy foods
- Quit smoking
- Manage your blood pressure

More information visit [Go Red for Women](#)
Visiting Nurses of the Lower Valley
860-767-0186



Fuel Assistance

The CT Energy Assistance Program/Community Renewal Team (CRT) will be accepting applications for fuel assistance again this year. You may come to the Senior Center to apply between Oct 1 and April 1st.

Please call the Senior Center for details.

January Donations:

Dot Afonso	\$\$\$ Donation
Helen Bonfoy	Copy Paper
Bob & Suzanne Bostelman	Apple Juice
Diane Collin	\$\$\$ Donation
Rasik Davada	\$\$\$ Donation
Connie Donkin	\$\$\$ Donation
Bill & Susan Dowling	\$\$\$ Donation
Bob & Rita Fiala	\$\$\$ Donation
Nancy Geysen	Lysol Wipes
Ciel Golub	Candy
Walt & Jo Golec	Candy & Lysol Wipes
Betty Gross	Candy
June Guertin	Napkins
Richard & Carol Harrington	Coffee & Cups
James & Kathy Leatherbee	Fruit, Puzzles & 2017 Calendars
Audrey Martin	Candy & Soda
Judy Metcalf	Coffee
Rob & Alberta Mirer	Door Prize to: Two Wrasslin' Cats
Henry & Kay Novinski	Hand Soap & Lysol Cleaner
Pat O'Brien	Kleenex & Paper Plates
Loretta O'Mara	\$\$\$ Donation
Dick & Carol Parker	Candy & Lysol Wipes
Dot Parker	New Year's Party Supplies, Table Cloths & Center pieces
Mickey & Louise Pear	Lysol Wipes & Paper Plates
Alice Sabo	Holiday Napkins
Robin Sage	\$\$\$ Donation
Benny Stelzer	\$\$\$ Donation
Rina Stevens	Lysol Wipes, Napkins & Paper Plates
Ellie Sutton	Christmas Décor & Muffins
Carol Thody	Candy, Reg & Decaf. Coffee, Puzzles
Louise Vanhaverbeke	\$\$\$ Donation
Jim & Pat Ware	Coffee, Lysol Wipes & Paper Plates

Inclement Weather Policy

Winter is here, and with it, all that winter weather that often times wreaks a little havoc. A reminder: When the Town Offices are closed due to inclement weather, the Senior Center is closed. The Senior Center **does not follow** the closings or delays that the **schools** follow.

Colchester Community Theatre



Presents
Jekyll & Hyde
Saturday, February 18th
2:00 pm.

\$10.00 a ticket

Sign-up today! at the Senior Center!



We know it is still winter, but April 15th will sneak up on us! The Senior Center will once again provide IRS trained tax consultants to assist with both Federal and State tax forms. Seven days are scheduled: **Wednesdays, 9 am – 3 pm: February 8, 15, 22. March 1, 8, 15, 22, 29.** Please call the Center to sign up for your private consultation.



Bus Driver Town of East Haddam

The East Haddam Senior Center is looking for a bus driver to drive a passenger bus for shopping and recreational outings. Part time, as needed. Required: CDL Class B, "F" Endorsement. Job description available upon request. Cover letter with resume and application must be submitted to Emmett Lyman, First Selectman's Office, P.O. Box K, 7 Main Street, East Haddam, CT 06423. Applications accepted until position is filled. The Town of East Haddam is an equal opportunity employer.



Thursday, February 16th

Lunch/Bingo....\$6.00 @ 12:00 pm

Bingo Only.....\$3.00 @ 1:00 pm

Please pay in advance,
sign-up today

The Hartford



Saturday, February 25th

\$18.00, Tickets available @ the door
CASH ONLY

Sign-up today @ the Senior
Center



Senior Center
15 Great Hillwood Rd
P.O. Box 623
Moodus, CT 06469



The Gatlin Brothers Are Coming!!!!

Thursday, May 25th, 2017

for those of you who signed up for the
trip, the \$\$\$ will be due
Wednesday, March 15th
Still time to sign up!



what has been booked already for 2017:

The Gatlin Brothers,
Thursday/May 25th

POLKA at the Aqua Turf,
Tuesday/October 17th

Holiday Winter Wishes,
Tuesday/December 12th

**Please watch upcoming
Newsletters for more details**



**Game Day Valentine
Ice Cream Social**
Join us on Friday,
February 17th, 1:30 pm

Ice Cream Social

Pancake



Jamboree

Pancakes are all the
better when someone else
is doing the cooking! Senior Center,
Sunday, March 12th, 8 – 10:30 am.
\$7.00 per person includes pancakes,
sausage, coffee, & juice.

**All proceeds will help pay for
Senior Center Activities.**



December Winner

The December winner is
Phil Snow. **Congrats!!**
A \$10.00 Gift Certificate to Nathan
Hale Pharmacy was awarded